

DINNERLY



Vegan Southern-Style 'Chick'n' with Street Corn and Sweet Potato Fries



45 minutes



2 Servings

Jump on the vegan bandwagon with our riff on classic Southern chicken! Made with cauliflower dipped in coconut milk and coated in almond meal, it's perfect for meat-lovers, vegetarians and vegans alike. Bake to golden perfection and serve with juicy cobs of charred sweet corn.

WHAT WE SEND

- 1 sweet potato
- 500g cauliflower
- 150g almond meal¹⁵
- 20g smoky barbecue seasoning¹⁷
- 200ml coconut milk
- 20g cornflour¹⁷
- 1 corn cob

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1½ tbs olive oil
- olive oil spray
- 2 tbs tomato sauce

TOOLS

- 2 large oven trays
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 775kcal, Fat 46.8g, Carbs 59.5g, Proteins 22.9g



1. Bake fries

Preheat the oven to 220C. Line 2 large oven trays with baking paper. Cut the **unpeeled sweet potato** into 1.5cm-thick fries and put on a lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat. Bake, turning halfway, for 25 mins or until golden and tender.



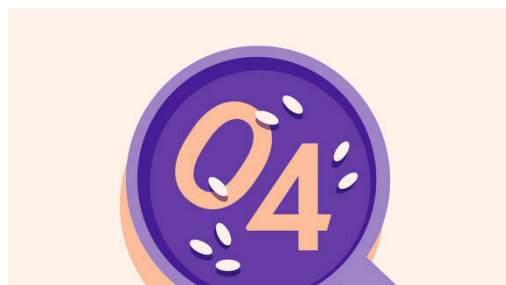
2. Crumb cauliflower

Meanwhile, cut the **cauliflower** into small florets. Combine the **almond meal** and **barbecue seasoning** in a bowl. Put **half the coconut milk*** and **20g cornflour** in a separate bowl and stir to form a smooth, thin batter. Dip the cauliflower florets in the **batter**, shake off the excess, then coat in the **almond meal mixture** (see Make it yours).



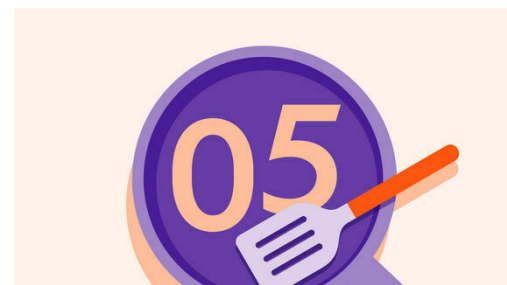
3. Bake cauliflower

Put the **crumbed cauliflower** on the remaining lined tray and spray with **olive oil**. Bake, turning halfway and respraying with oil, for 30 mins or until golden and crisp. Season with **salt and pepper**.



4. Cook corn

Meanwhile, discard the husk and silks from the **corn**, then cut the cob in half. Heat **1 tbs olive oil** in a medium frypan over high heat. Cook the corn, turning every 2 mins, for 6 mins or until tender and lightly charred. Remove the pan from the heat.



5. Serve up

Divide the **cauliflower 'chick'n'**, **sweet potato fries** and **corn** among plates. Serve with **2 tbs tomato sauce** for dipping. Enjoy!



6. Make it yours

Feeling hungry? When you've crumbed half the cauliflower, put the tray in the oven to cook while you crumb the rest. Then cook the remaining cauliflower while the first batch is being eaten.